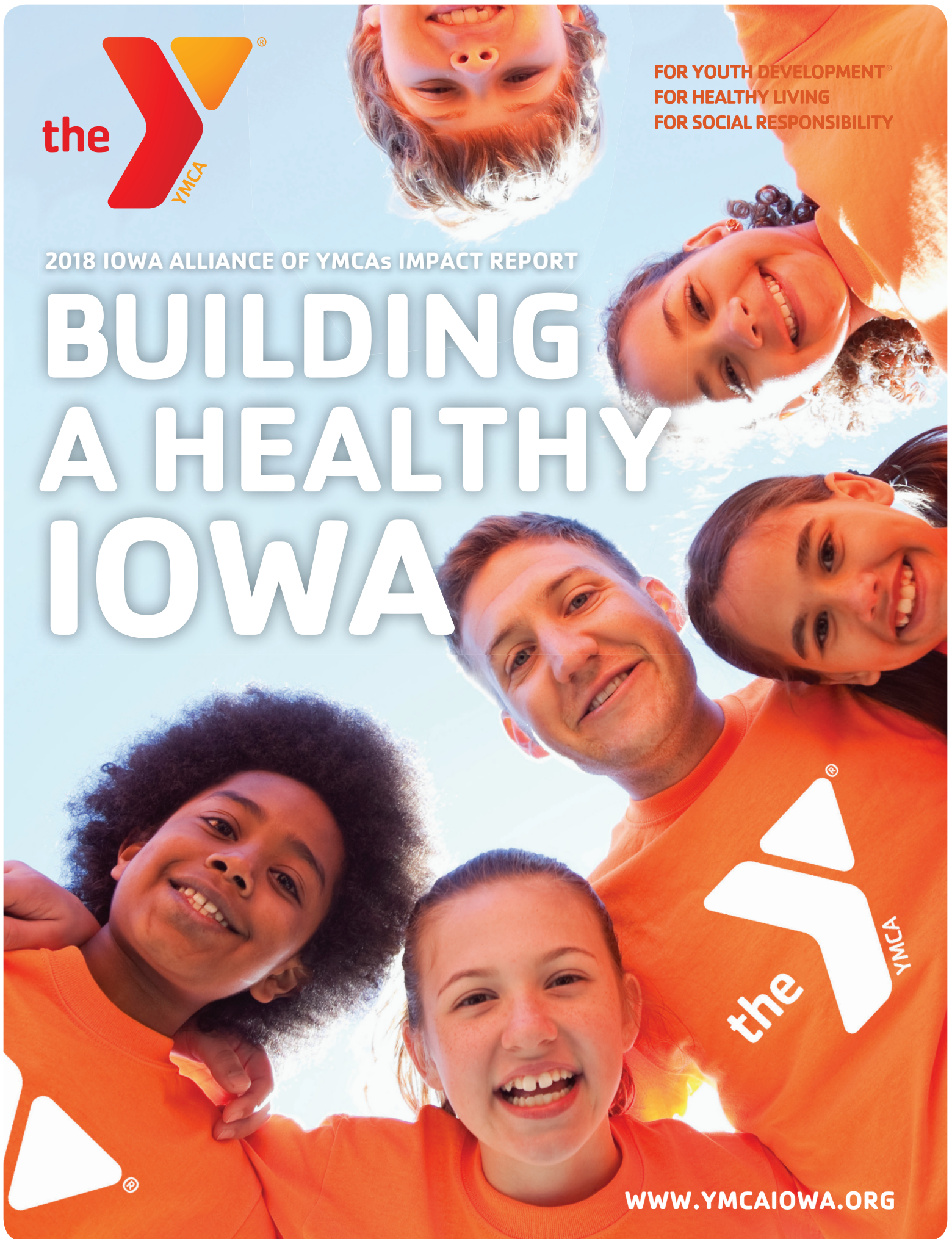




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2018 IOWA ALLIANCE OF YMCAs IMPACT REPORT

BUILDING A HEALTHY IOWA



WWW.YMCAIOWA.ORG

IN 2017 IOWA Ys SUPPORTED PROGRAMS SERVING NEARLY 350,000 IOWA CHILDREN, FAMILIES AND ADULTS.

For more than 100 years, strengthening communities has been the Y's cause. We are the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. The Iowa Alliance of YMCAs is comprised of 27 independent Ys, each volunteer led, and a powerful advocate of children, families and adults across the state.

OUR IMPACT: THERE IS NO OTHER NONPROFIT QUITE LIKE THE Y

55 YMCA BRANCH
LOCATIONS IN IOWA

PEOPLE SERVED:

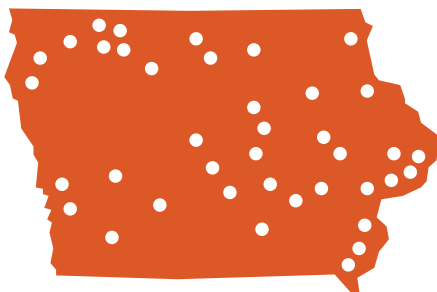
349,282

15,221

VOLUNTEERS

(PROGRAM AND POLICY)

LOCATIONS



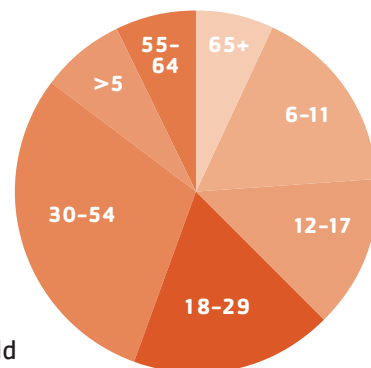
A FULL LISTING OF ASSOCIATIONS
IS LOCATED ON THE LAST PAGE
OF THIS DOCUMENT.

THE PEOPLE WE SERVE

Iowans of all age, gender and background access our facilities and engage in our many programs.

CHILDREN AND TEENS

At Iowa YMCAs, we provide a wide range of activities to nurture their potential and ensure their success including **6,391** children enrolled in child care programs, **24,126** children enrolled in swim lessons, **12,919** children and teens enrolled in day camp and resident camp programs.



AGE DEMOGRAPHICS

SUPPORT

As charitable organizations, Ys received **\$3,236,375** in contributions from individuals, foundations, the United Way and legacy gifts. Contributions totalling **\$8,578,702** were received to reinvest in capital infrastructure and facilities. We have the community's trust to convene, partner and support collaborations with schools, government, faith-based organizations, businesses and others. In fact, Iowa YMCAs reported 650 partners across Iowa communities.

THE YMCA GIVES BACK

We provide activities and services to our communities ranging from assisting other charities and nonprofits, to health screenings, summer enrichment and more. Nearly **\$7,007,882** in direct financial assistance is provided to individuals and families in need.



ALLIANCE STATEWIDE PRIORITIES:

CREATING A NEW WAVE OF IMPACT

Drowning is the second leading cause of death for children between the ages of 5 and 14. Even here in Iowa, drowning poses a considerable risk for youth and adults. The good news is drowning deaths are preventable.

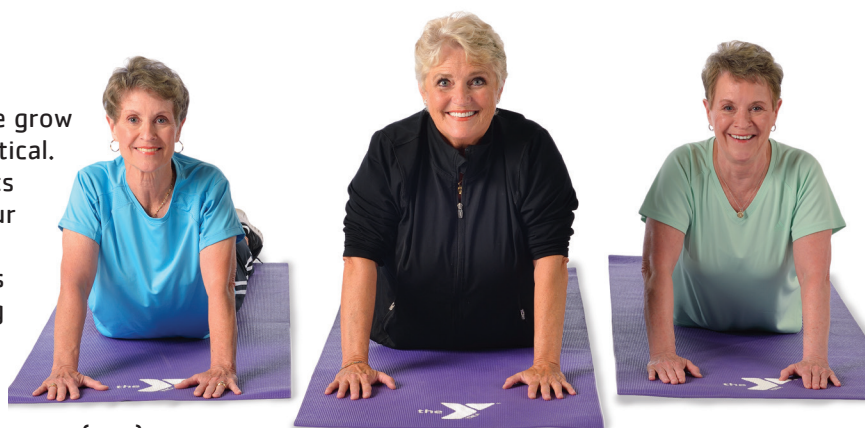
In Iowa, YMCAs own or operate more than 60 aquatic facilities. More than 25,000 children participate in YMCA learn-to-swim programs or competitive swim team practices and meets, while thousands of adults participate in lap swimming or water fitness classes every year.

YMCAs deliver water safety education for all youth and adults participating in water fitness classes, swim lessons and competitive swim programs – and will reach more than 50,000 people in 2018. Moving forward, community outreach events across the state bring the information into classrooms and other public locations so even more children, families and adults can be safe and confident around water.

FEELING GREAT NEVER GETS OLD

Physical activity is important at any age, but as people grow older, change occurs that make exercise even more critical. The Centers for Disease Control and Prevention reports physical activity can even extend life expectancy. In our state, one in six Iowans are age 65 or older.

At the Y, we approach programming for older adults with two key strategies: age-appropriate programming and development of a supportive community. Iowa YMCA programs and activities promote wellness, reduce risk for disease and help seniors manage their health. Enhance Fitness®, Diabetes Prevention Program (DPP), LiveStrong Cancer programming, yoga, water aerobics, as well as partnerships like the Iowa Falls Prevention Coalition, and more, are in service of improving health and making Iowa communities better.



SAFE FOR EVERYONE

As one of Iowa's largest providers of youth and family programs, the YMCA has long made the safety of children a top priority. While the Y is proud we are entrusted with the care of thousands of children, we recognize the responsibility that comes with it.

Building on established practices and programming, we continue to strengthen the culture, practices and behavior needed to identify and prevent child sexual abuse within our facilities. In our communities we are working to engage with partners to expand our reach to our neighborhoods and communities.

REFRESH. RENOVATE. RENEW.

Over the past three years Iowa YMCAs have invested nearly \$2 million in facility updates and improvements through the state appropriated Rural YMCA Facility Improvement Grant program. The funding is designed to help Iowa Ys update and improve facilities. Ys matched state funds at a .5:1 ratio. Grants start at \$10,000 for smaller projects and can reach up to \$100,000 for more extensive undertakings.

Swimming pools, gymnasiums, meeting rooms and more have been the beneficiaries of this effective public/private partnership. But, more important than fresh paint, new equipment, renovated facilities or improved energy efficiency, these projects have changed YMCA's ability to meet critical community needs like teen programming, diabetes education, resident camps, swimming lessons, early learning centers and summer youth feeding programs.



FIND AN IOWA Y:

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ABOUT THE YMCA: Across the U.S., 2,700 Ys engage 22 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. Visit WWW.YMCA.NET for more information.